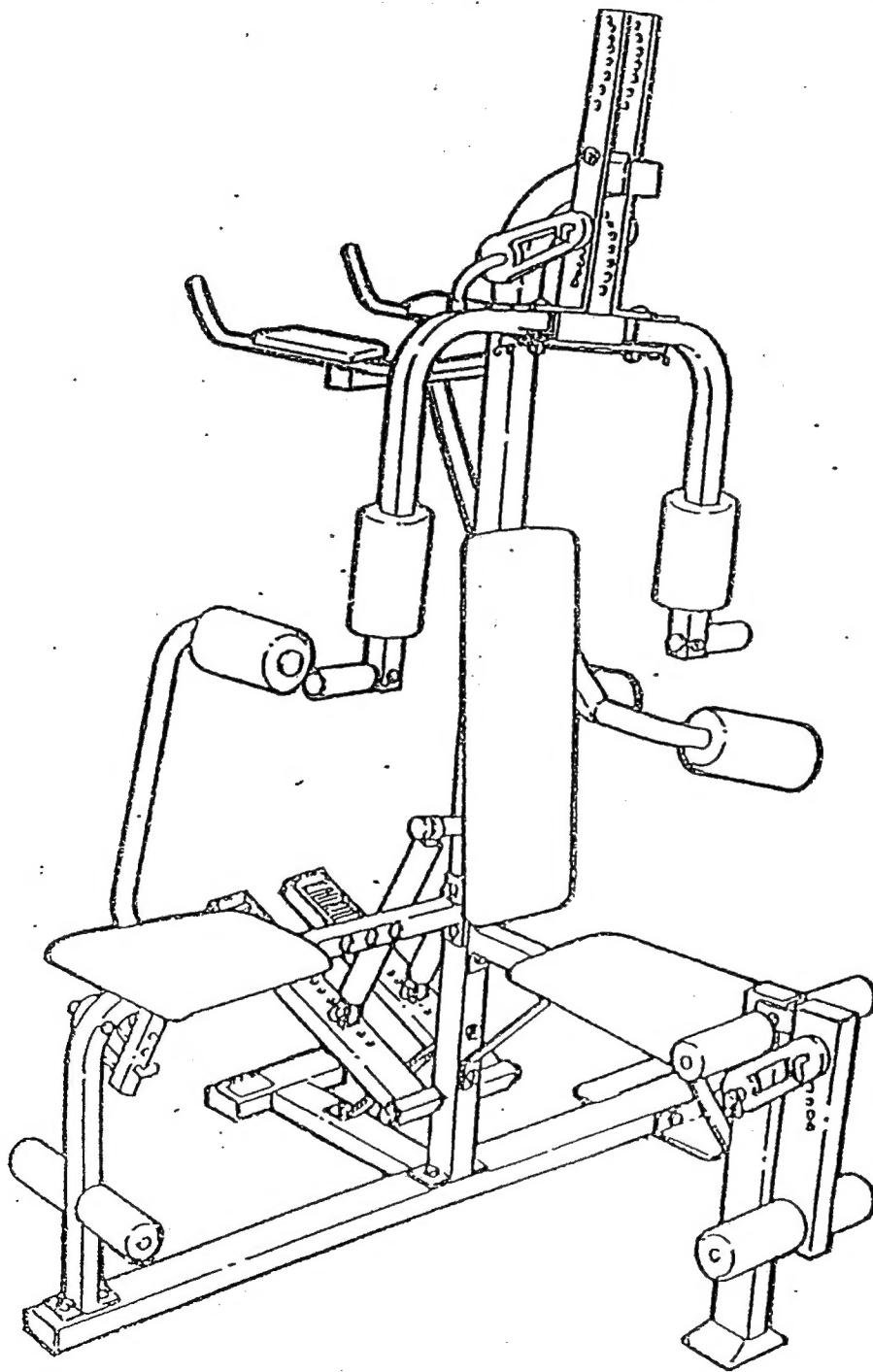


1162  
same as  
But has  
VAF  
Station

# 1162 MULTI-FLEX

## FAMILY FITNESS CENTER

WITH VERTICAL AB FLEX STATION



The 1162 MULTI-FLEX home gym is an extension of the 1142 line. In that regard, the 1142 assembly manual is provided with this unit for the assembly instructions. All assemblies and parts are the same for your 1162 except the assembly of the V.A.F. station. That assembly is described on the other side of this sheet.

# 1162 STEP 8 ASSEMBLY

## SUPPLEMENT TO STEP 8 (V.A.F. ASSEMBLY)

### ADDITIONAL HARDWARE FOR 1162

PART NAME	QTY	ORDERING NO.
45 VAF HANDLE BAR	1	C4135-F57-F57
46 VAF CROSS TUBE	1	C4136-F57-F57
47 STRAP BRACE	1	C7710-F57-F57
48 ARM PADS	2	C1402-F57-F57
49 1/4" X 2 1/2" ROUND HEAD MACHINE SCREW	2	IHI-S453-F57
50 5/16" I.D. STAR WASHER	1	IHI-S480-F57
51 1/4" X 1 1/2" ROUND HEAD MACHINE SCREW	2	IHI-S250-F57
52 1 1/4" SQUARE PLASTIC INSERT CAP	2	AA-8069-F57
63 5/16" X 2 3/4" HEX HEAD BOLT	1	IHI-S056-F57
68 5/16" X 2" HEX HEAD BOLT	1	IHI-S054-F57
70 5/16" FLAT WASHER	2	IHI-S127-F57
71 5/16" NYLON LOCK NUT	2	IHI-S012-F57
74 1/4" FLAT WASHER	2	IHI-S048-F57
75 1/4" NYLON LOCK NUT	2	IHI-S011-F57
76 1/4" X 3/4" ROUND HEAD MACHINE SCREW	4	IHI-S022-F57

☐ Bolt curved FLEX BAND HORN (26) to the inside curve of MAST UPRIGHT (2) and the V.A.F. HANDLE BAR (45) back of Mast Upright with 5/16" X 2 3/4" HEX HEAD BOLTS (63) and secure with 5/16" NYLON LOCK NUTS (71).

☐ Bolt the V.A.F. HANDLE CROSS TUBE (46) to the under side of the V.A.F. Handle Bar with 1/4" X 2 1/2" ROUND HEAD MACHINE SCREWS (49). Fasten bolt on under side of Cross Tube with 1/4" FLAT WASHER (74) and 1/4" NYLON LOCK NUTS (75).

☐ Attach the V.A.F. STRAP BRACE (47) to the front side of the CROSS TUBE (46) by bolting through the end of the strap with the round hole. Attach with a 5/16" X 2" HEX HEAD BOLT (68), 5/16" FLAT WASHER (70), and a 5/16" NYLON LOCK NUT (71).

☐ Attach the end of the V.A.F. Strap Brace with the slotted hole to the MAST UPRIGHT (2) with a 5/16" X 2 3/4" HEX HEAD BOLT (63), and a 5/16" FLAT WASHER (70) from the front side and secure with a 5/16" I.D. STAR WASHER (50) and a 5/16" NYLON LOCK NUT (71).

☐ Press a 1" ROUND PLASTIC INSERT CAP (86) into the ends of the V.A.F. Handle Bar.

☐ Press 1 1/4" SQUARE PLASTIC INSERT CAPS (52) into the ends of the V.A.F. CROSS TUBE (46).

☐ Attach the ARM PADS (48) to the V.A.F. Handle Bar by bolting up through the welded plate with 1/4" X 3/4" ROUND HEAD MACHINE SCREWS (76) and through the Handle Bar and into the Arm Pads with 1/4" X 1 1/2" ROUND HEAD MACHINE SCREWS (51).

